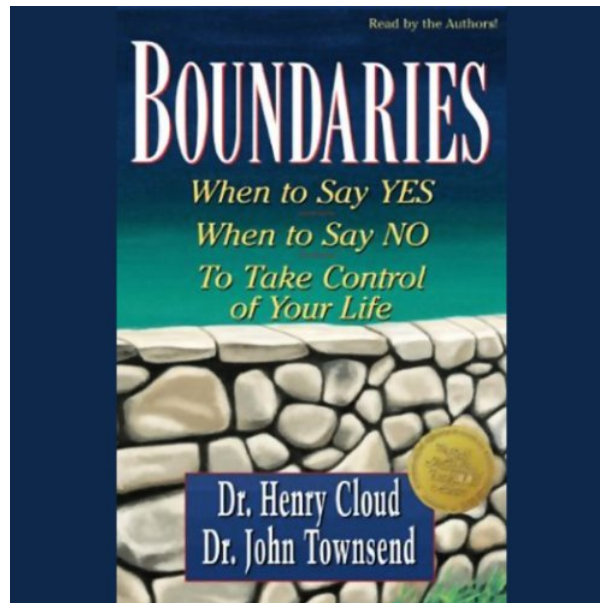
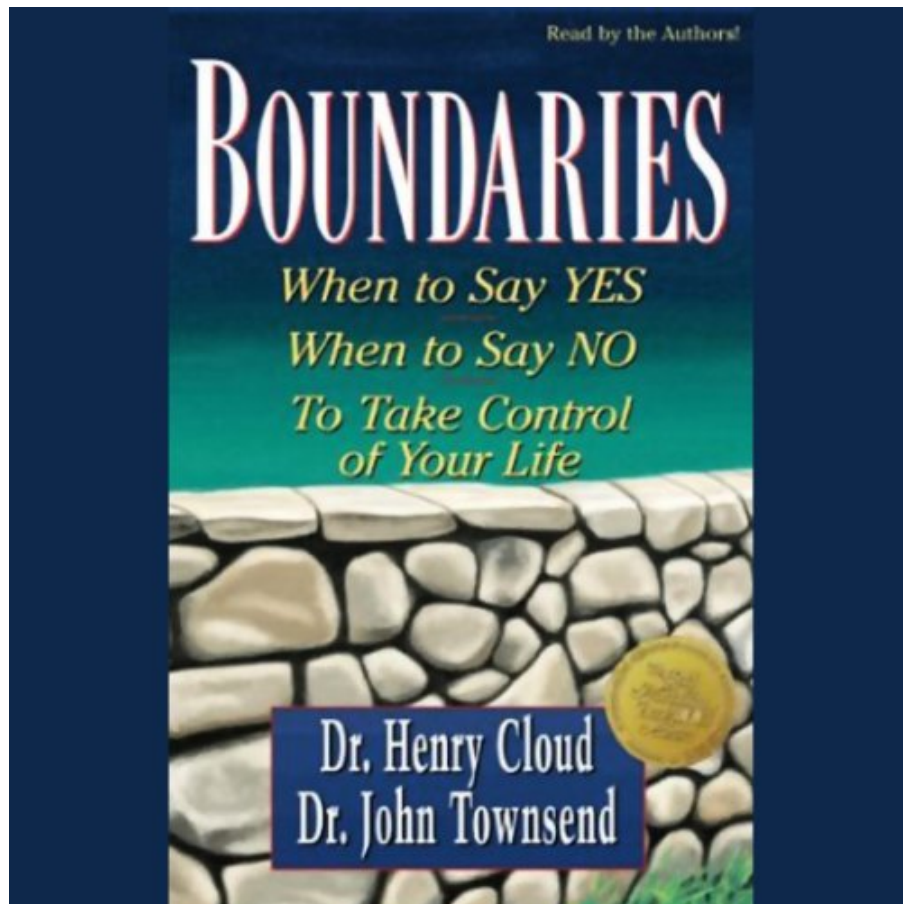


BOUNDARIES BY DR. HENRY CLOUD, DR. JOHN TOWNSEND



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Amazon.com Review

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Is your life out of control? Do people take advantage of you? Do you have trouble saying no? Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. Boundaries define who we are and who we are not. Boundaries affect all areas of our lives: Physical boundaries help us determine who may touch us, how, and when. Mental boundaries give us freedom to have our own thoughts and opinions. Emotional boundaries help us deal with our own emotions and disengage us from the harmful, manipulative emotions of others. Spiritual boundaries help us distinguish God's will from our own and give us renewed awe for our Creator. Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations. Drs. Henry Cloud and John Townsend offer biblically based insights into how to set healthy boundaries with our parents, spouses, children, friends, co-workers, and even ourselves---boundaries that give us freedom to walk as the loving, giving, fulfilled individuals God created us to be.

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- Brand: essie
- Model: 658
- Published on: 2005-02-17
- Format: Unabridged
- Original language: English
- Running time: 663 minutes

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- nail polish
- health and beauty product

Amazon.com Review

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Great read, but lacking in certain areas

By Eric Martin

He makes some excellent points and this definitely influenced how I think about things. However, I disagree with him strongly in one point and I feel that he skirted one important issue. Near the end of the book he gives an example where a child refuses to go to school and the mother realizes she "can't make the child go to school" but sets the boundary that the child will have to stay in his room if he doesn't go to school. The problem with that logic is, if you can't "make a child go to school" how can you "make a child stay in his room"? We can't make a child enjoy school or even pay attention to the teachers, these things take incentives and consequences, but parents do still need to hold onto the reins on certain issues. It is a delicate line, but I can and do "make" my children go to school.

The other issue is one of an abusive marriage. He talks about putting up boundaries and leaving for the night if these boundaries are violated. This is always done for a short period of time and then the abused spouse returns home. There are situations where this is effective. But in a true abusive situation (physical or mental) it is playing with fire to leave and return over and over. The physical abuser can be deadly. A mental abuser will learn how to better manipulate her victim without his realizing that his boundaries have been violated and thereby twisting reality even further. Any abusive person is not to be trifled with, and without genuine repentance and clear signs of change one is foolish to continue to expose themselves to that risk regardless of history, children, or feelings. For all of his insight, I am shocked that this is not made more clear.

1 of 1 people found the following review helpful.

Recommended by Dave Ramsey

By Ann Olene

Recommended by Dave Ramsey, so I got a copy. Not an easy read, but very good info. The book was helpful even early on.

1 of 1 people found the following review helpful.

Five Stars

By RK

LOVE this book! Highly recommend. Life changing. Love that it reference the Bible so much.

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